



Willows Senior Center

2175 Lincoln Ave., San José 95125

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Supervisor: Jane Hemeon

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Bus Lines: 26 & 64

Types of Programs: Fee class, rentals, senior programs, senior nutrition, and special events.

Programs are designed for those age 50+ unless otherwise noted.

Willows Senior Center offers a detailed monthly activity guide listing all programs and services and includes the nutrition menu. This guide can be obtained by visiting the center. Please refer to page 8 for additional information regarding citywide aging services offered through the Office on Aging.

Senior Nutrition

Nutrition Reservations

\$2

The Nutrition Program provides tasty and nutritious hot meals for seniors over 60 years of age. This is a great time to socialize with friends and family as well as meet new friends. Lunch is served Monday through Friday at 12 noon - please check the detailed monthly activity guide for the daily menu. Each meal provides one-third of the Recommended Daily Allowance for seniors. Occasional workshops are provided on a variety of topics. The suggested donation for seniors 60+ is \$2.00 and the guest fee for individuals under 60 is \$5.00. Lunch cards are available for \$40 and is good for 21 meals - it's like getting one free! The lunch card can be used at any nutrition site and does not expire until all 21 meals have been used. NOTE: Reservations are not required.

Advisory Council

Advisory Council is a group of volunteers who are responsible for providing input to the center staff on programs and senior issues. If you have ideas on how to improve programs and services at our center, please join us! The Willows Senior Advisory Council meets the first Monday of each month at 9:30am.

Adult Education

The Center offers a wide variety of Adult Education Classes geared towards seniors. Most classes are free or low cost. Pick up an Adult Education class guide at the Center. The Fall Semester typically runs from early September to mid-December while the Spring semester runs from mid-January to May.

Newcomers Orientation

Each month a Newcomers Orientation is held in order to provide an overview of the vast array of programs and services offered at Willows Senior Center. Included is a guided tour of the Center, an opportunity to meet staff, a detailed monthly activity guide, an overview of center membership, as well as an invitation to stay for lunch. Please call the Willows Senior Center office to reserve a seat just for you. (Time and dates varies)

Senior Services

Older Adult Resource Specialist

Free

The Older Adult Resource Specialist Program works to empower senior residents and their families to better access community support services in order to promote independent living. This service includes assessment, planning, and information and referral on such topics as transportation, housekeeping, companionship, personal care, delivered meals and more. The Older Adult Resource Specialist holds office hours at Willows Senior Center every first and third Tuesday of the month from 11am to 1pm. Please make an appointment by calling the Center.

Senior Adult Legal Assistance

Free

Free legal advice for adults 60 years of age or older who are residents of Santa Clara County. Half-hour consultations on problems in the areas of Social Security, Supplemental Security Income, Medicare, Medi-Cal, in-home supportive services, elder abuse, housing, and long-term care insurance. SALA is at the Center the first and second Thursday of each month from 9:30am to 12pm. Please make an appointment by calling the Center.

Health Insurance Counseling

Free

The Health Insurance Counseling and Advocacy Program promotes awareness and education regarding health insurance issues on Medicare, Medi-Cal, supplemental insurance as well as long-term care insurance. Trained Volunteers from HICAP are at the Center the second and fourth Wednesday of each month. Please make an appointment by calling the Center.

Vial of Life

Free

In an emergency, time is crucial. The Vial of Life kit enables Emergency Responders to quickly locate helpful information regarding your medical history. Emergency Responders, Firefighters, Paramedics and Police are trained to look for the Vial of Life sticker and obtain information from the Vial. Pick up a free Vial of Life kit in the Center's office.

Flash Pass

\$17.50

Monthly Flash Passes to ride county transit buses are available for those 65 years of age and older or disabled. You will receive a monthly sticker to attach to your VTA photo ID card.

BART Tickets

\$4

BART tickets are \$4 but good for \$16 worth of rides. Tickets are available for those 65 years of age and older.

Stories Of Service

Do you have a story to tell around the WWII era? Or would you like to mentor a senior in producing their story?

Join Us: Bret Harte Middle School, Monday 6-8 p.m

Berryessa Community Center, Tuesday 6-8pm

Lou's Donuts, Saturdays 10am-1pm

San Jose VA Clinic, Thursdays 10am-1pm

Southside Senior, Center Fridays 3-5pm

Willows Senior Center, Fridays 2-4pm



Senior Drop-in Activities

Chorus Line Dancers

Tuesdays 10am-12pm, Thursdays 10am-11am

Free

Drop-In Bridge

Every Wednesday and Thursday: 12:30-3pm in Room 6.

Free

Exercise

Tuesdays and Thursdays: (with Video) 8:30-9:30am in the Auditorium.
Fridays: (Stretching) 8:30-9:30am in the Auditorium.
Willow Walkers MWF: 9-10am

Free

Book Club

Meets the 3rd Thursday of each month from 10-11:30am

Free

Bramhall Park

Lawn Bowling – Mondays and Thursdays, 12:30pm with free lessons on Saturdays: 10am Drop by Bramhall Park to see what the San José Lawn Bowling Club is all about.
Tennis – Tuesdays and Thursdays. 8-10am

Free

Cards

Pinochle – Tuesdays, 1-3pm
Canasta – Mondays, 1-4pm
Drop-in Bridge – Weds. and Thursdays, 12:30-3pm in Rm 6

Free

Chess Club

Tuesdays and Fridays, 12-4pm

Free

Dancing

Free

Line Dancing – Practice Tuesdays from 1-3pm. Lessons are second & fourth Thursday with Betty Shamus – 1:30-3:30 p.m.
Ballroom Dance – 3rd Thursday, 1:30pm
Square Dancing – Mondays, 1:30pm

Pool Room

Free

Monday-Fridays: 8:30 am-4pm and Saturdays: 12:30-3:45pm. There are three pool tables. The pool room is reserved for Ladies only on Mondays from 8:30am-12pm. The room is reserved for Men only on Tuesdays from 8:30am-12pm.

Quilters

Free

Wednesdays: 9am in Room 9 this busy group works on finishing quilts. The Quilters ask if you have a quilt that needs to be finished, please feel free to come down or call Nan Logan at 408- 267-6018.

Readers' Theater

Free

First and third Tuesday of each month in Room 8. 10-11:30am Participants read aloud or listen to others read plays, short stories, and poetry. No memorizing necessary! Come join this lively group!

Stamps

Free

Rubber Stamps – Wednesdays: 1-3pm in Room 14. Join this fun, experienced group of stampers.
Stamp Collectors – Meets 2nd and 4th Monday, 10-11am

Senior Social Club

Free

Thursdays: 9am-12pm in Room 8. Meet new friends, play Penny Bingo, and have delicious refreshments.

Spotlighters Drama & Willows Singers

Free

Drama Club – Wednesdays: 10am-12pm in Room 14.
Singers – Fridays, 2pm

Lapidary

\$25

Fridays 8:30-Noon for six week sessions. Willows is one of the few centers with an industrial Arts room. Work on your Gem stone projects with us.

Mindfulness Meditation

Free

Tuesdays and Fridays 1-2pm Enhance your ability to cope with and enjoy life as it is.

Tappity Exercise

Free

Thursday 10-11am Basic tap steps for a full body workout to music.

Senior Special Events

Celebrate Your Birthday with lunch in our nutrition program the fourth Thursday each month. Birthday Reservations and nutrition donation are recommended. Balloons, cake and singing provided!

SeniorNet

If you would like to learn how to use an IBM compatible computer or improve those skills, you can sign-up at Willows SeniorNet Learning Center. There are courses on the Word Processing, spreadsheet, database, Quiken, America Online and more.